

Cardiovascular, Energy Systems and Lactic Acid Test

Label Diagrams of Heart and Lungs

Purpose of Cardiovascular system

Typical measures of SV, HR, CO, BP, Ejection fraction and Blood (AVOD)

What happens after long term aerobic training?

What effect can this have on sport performance?

Define Anaerobic Threshold, OBLA, EPOC and VO_2 Max and suggestions for LA removal

Path of Blood O_2 and Blood in the body

Outline

Effects of Anaerobic Training and Aerobic Training

Nov 4-1:15 PM

3 Systems

PC ATP

- What is the fuel source
- How Long?
- What are the limiting factors?

Glycolytic System

- Net ATP
- What is the role of Oxygen?
- How Long?
- What are the limiting Factors?

Oxidative

- Fuel Source
- #of ATP
- time period
- limiting factors

Fat vs Carbs vs Protein

What do we use and Why?

Nov 5-10:52 AM